

RISE STRONG and be A SURVIVOR

CREDO:

RISE STRONG: YOU ARE "A" SURVIVOR!

"A"

Awareness: You have learned how to be mindful, spaciously and directly aware. You can choose where to put your attention. You can thoughtfully respond instead of automatically react.

"SURVIVOR"

Strengths: You have many strengths to help you cope and manage painful situations. You can use these strengths to take new paths.

Unique: Don't try to be anyone else. They are already themselves. You are you, with your gifts, flaws, talents, and imperfections. You are, like every human, perfectly imperfect.

Respect: You deserve self-respect and respect from others. Don't let others tear you down. Haters are going to hate. Hang with those who raise you up, not those who tear you down.

Values: Values are the qualities you consider important to you and a way to live your life. Use these to guide your actions and choices.

Intuition: Trust your gut. Sometimes people can get stuck in their heads. When in doubt, check in with how you feel physically - take a "gut check," and if it doesn't feel right, let this awareness guide your decision-making process and do something different.

Valuable: No one is going to value you as much as you do or can. It is so important to value all the parts of yourself and realize you do, in fact, have value. Self-care is a great way to show yourself how valuable you are. Setting boundaries and saying no are also ways to respect yourself.

Openhearted: Your willingness to share your love and express warm feelings to others and to yourself is important to feel safe, secure, and connected.

Resilience: The ability to bounce back and recover even after adverse and difficult situations, traumas, or tragedies.

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